

Family of 3 or 4, Vegan

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	Vegan/BLW: Smashed Avocado on Toast	Vegan/BLW: Peanut Butter Wraps with quartered grapes	Vegan/BLW: Lentil Cottage Pie (DB*) with slices of pear	Vegan/BLW: Healthy Prune Cookies	19 bananas
Tuesday	Vegan/FT: Banana Muffins with quartered grapes	Vegan/BLW: Healing Butternut and Ginger Soup with toast triangles to dunk and slices of yellow pepper	Vegan/BLW: Cauliflower and Bean Curry (DB*) with rice and slices of banana	Vegan/FT: Carrot Biscuits	6 pears
Wednesday	Toast served with peanut butter and quartered grapes	Vegan/FT: Super Quick and Easy Tomato Pasta (DB*) with slices of apple	Leftover Lentil Cottage Pie	Leftover Healthy Prune Cookies	1 packet of grapes
Thursday	Leftover Banana Muffins with quartered grapes	Leftover Healing Butternut and Ginger Soup with toast triangles to dunk and slices of yellow pepper	Leftover Cauliflower and Bean Curry in tortilla wraps with slices of banana	Leftover Carrot Biscuits	3 apples
Friday	Vegan/BLW: Banana Toast (DB*) with quartered grapes	Leftover Super Quick and Easy Tomato Pasta with slices of apple	Vegan/BLW: Veggie Pesto Pasta (DB*) with slices of pear	Vegan/FT: Avocado Chocolate Mouse (if baby is over 12 months, otherwise you could serve slices of avocado and banana)	4 avocados
Saturday	Vegan/SC: Slow Cooked Porridge with Summer Berries	Leftover Veggie Pesto Pasta with slices of apple	Vegan/FT: Homemade Baked Beans (DB*) served on jacket potatoes with quartered grapes	Vegan/BLW: Peanut Butter Banana	2kg of potatoes + 3 or 4 jacket potatoes depending on how many are in your family
Sunday	Vegan: Jam Compote on Toast	Leftover Homemade Baked Beans on Toast with slices of yellow pepper	Vegan/BLW: Tofu Stirfry with quartered grapes	Vegan/BLW: Baked Pears with cinnamon	2 butternut squash
*DB - Double batch					8 carrots
					9 onions
					2 cauliflowers (or 1kg of pre-cut florets)
					6 celery sticks
					2 spring onions
					9 red peppers
					3 yellow peppers
					60g baby corn
					60g sugar snap peas
					2 heads of garlic
					2 aubergines
					3 courgettes
					400g green beans
					250g Tofu
					1.5litres milk, such as Oatly Barista or Koko
					500g Vitalite (or other Vegan spread)
					Vegan parmesan, such as Violife
					Orange juice
					Apple juice
					Packet of tortilla wraps
					2 loaves of bread
					12 pitted Medjool dates
					<b>Pantry items (you may already have):</b>
					Oats (check you have enough for 315g)
					Self-raising flour (check you have enough for 220g)
					Coconut or brown sugar
					Baking powder
					Cocoa powder
					Chia seeds
					Sesame oil
					Vegetable oil
					Olive oil
					Peanut butter (large jar probably required)
					160ml vegan red wine (optional)
					Ginger puree
					Maple syrup (check you have enough for at least 10 tablespoons)
					Soya sauce
					Vegan pesto (homemade or purchased)
					English mustard
					Date syrup (or use maple syrup)
					Ground cinnamon
					Dried mixed herbs
					Garlic salt
					Curry paste or curry powder
					5 cubes of vegetable stock
					Red lentils (check you have enough for 260g)
					Dry noodles
					Dried pasta (check you have enough for 1.3kg)
					Rice
					6x 400g tins of haricot beans
					2x 400g tins of chopped tomatoes
					Tomato puree or paste
					Passata (check you have enough for 2.85litres)
					4 dried prunes
					Frozen summer berries (check you have enough for 225g)
					120g frozen peas